



How To Cook 7 ⭐ Small Panzerotti

eDitorial work N°34
by L.Guidali N°34
ETOILE

(You can watch this recipe in video on **eManation**)

Let's go !



ACTION ONE (7,5✓) (Mixing and Carving) Mix the ingredients and knead the dough :

Step 1 (1,5✓) (Page 10)

Step 2 (6✓) (Page 12)

ACTION TWO (0,5✓) (....) Let the dough rest :

Step 3 (0,5✓) (Page 16)

ACTION THREE (8✓) (Design and Cooking) Mix all the necessary ingredients and cook :

Step 4 (3✓) (Page 21)

Step 5 (5✓) (Page 26)

ACTION FOUR (7✓) (Preparation) Prepare the shape of your panzerotti :

Step 6 (4✓) (Page 31)

Step 7 (3✓) (Page 37)

 **ACTION FIVE (7,5✓)** (👨 Preparation of the Filling) Add the Filling and Close the Panzerottis before frying :

 **Step 8 (3✓)** (Page 42)

 **Step 9 (4,5✓)** (Page 45)

 **ACTION SIX (1,5✓)** (👨 Baking) Fry the panzerottis :

 **Step 10 (1,5✓)** (Page 50)

 **Finish** (Page 51)

+ 32 ✓ Experience Points in cooking

 **eXplanation (For 16 small Panzerotti) :**

DOUGH | Mix 25g of fresh yeast (you can use another type of baker's yeast) in 400ML lukewarm milk. Then pour 4g of sugar. After, on a flat work surface (Or with your robot, Petrin ... etc. You can use a big bowl too.) Pour 500g flour.

Spread the flour, leaving a small crevice in the center to add 4g of salt and pour your milk with the yeast little by little while stirring.

Begin Petrification of the paw for several minutes by adding 45ML of olive oil during Petrification.

Once finished pour a little flour into a bowl and put the paw in it, pour some flour on top of the dough too.

Allow the dough to rest in a relatively warm and humid place for 3 hours (minimum advise) (You may deposit a lukewarm water container if the dough's resting location is an enclosed area).

SAUCE | Put the cooking at medium temperature and in a relatively large pan pour 75ML olive oil.

In addition to 4 g of tomato paste (#Option) and a clove of garlic (7 g).

Stir the sauce throughout the preparation.

Cut in half 8 cherry tomatoes and add 400g (425ML) tomato sauce and stir.

Add 4g of dried basil (or fresh basil), 4g of salt, 60ML of water.

Put the lid on your stove and wait between 30 to 1 hour.

Remember to stir from time to time while cooking.

PANZEROTTI | Cut the dough in half.

Spread the dough with a roll of pâtisserie (Or other things).

You can put over the dough, a sulfuric paper that will have the effect of adhering to the dough and thus prevent the dough to recover to its original form.

Once you have a spread like a mini pizza.

Place an object of round shape like a bowl for example.

With a cut knife, the paw has the round shape that you deposit in advance on the dough. Iron a few rolls of pastry dough to spread the paw a second time quickly.

Then add the filling (according to your tastes).

In this video, the trim for 1 Panzerotti is as follows :

- Tomato Sauce 15ML
- Parmesan Cheese 5g
- Mozzarella 15g

Heat the sunflower oil at medium temperature.

Take the end of your dough and fold it on itself.

Close the ends by gently pressing with your fingers.

Then seal the panzerotti permanently.

To do this step, use a fork and press the back of your fork over the ends of the dough to close (delicately).

Heat the sunflower oil at medium temperature.

Put the panzerottis in the oil.

The panzerotti must have a golden color before removing it.

Enjoy your meal.

 1 Tablespoon = 15G - 15ML (About)

 1 Teaspoon = 5G - 5ML (About)

 Can be used for pizza, calzone ... etc

 You can use classic tomatoes, but the taste will be slightly different

 You can add a very low dose (3~4g) of sugar to reduce the acid taste of tomatoes (a bit like onions)

 Be careful that the sauce does not burn. However, remove or lift the lid as little as possible while cooking

 Remove the cloves of garlic after cooking

2

 Little notions of cooking



 Tools (12) (4 #Option) :

 Stove (Big Enough)

 Wooden Spoon

- Lid for the stove
- Cooking System
- Metering (Ingredients) #Option
- 2 Bowls (1 #Option)
- 1 Spoonful
- 1 Big Bowl
- Sulfurized Paper #Option
- Rolling Pin #Option
- Cooking System (Fry)
- Fork

Ingredients 10 (1#Option) (**Recipe) : Sauce for 16 (Panzerotti) MINIMUM** **3749 Calories (1 = 234 Calories)**

- Olive Oil 120ML 720
- Salt 8g 0
- Water 60ML 0
- Tomato Concentrate (#Optional) 4g 3
- A Clove of Garlic 7g 7
- 8 Cherry Tomatoes 12g 18

 Tomato Sauce  425ML  72

 Basil  4g  9

 Oregano  4g  11

 Pepper  2g  6

 Milk Lukewarm (Half skim)  400ML  183

 Fresh Yeast  25g  90

 Sugar  4g  15

 Wheat Flour  510g  1734

 Parmesan Cheese  5g x 16 = 80g  306

 Mozzarella  15g x 16 = 240g  575

 Sunflower Oil  ...  Use for Fry  Take into account the caloric content that can cause a fried food

 WHAT ? 

 Panzerotti

 Meal

 Cooking 

 Cooking a Small Panzerotti 

 Small Panzerotti

 HOW MUCH ? 

 Dosage (Weight) (About) : 16 Panzerotti's = 1005ML (💧) - 900G (🥕) 1 Panzerotti = 63ML (💧) 56g (🥕)

 How many People : 2-6 Persons (4 Medium) (Main meal)

 WHO ? 

 Carmen

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Allow the dough to rest in a relatively warm and humid place for 3 hours (minimum advise) (You may deposit a lukewarm water container if the dough's resting location is an enclosed area).

💡 HOW ? 

🔥 ACTION ONE (7,5✓) (👨‍🍳 Mixing and Carving) Mix the ingredients and knead the dough :

👣 Step 1

(1,5✓)

Step 1

Milk Lukewarm

(400 ML)

+

Fresh Yeast

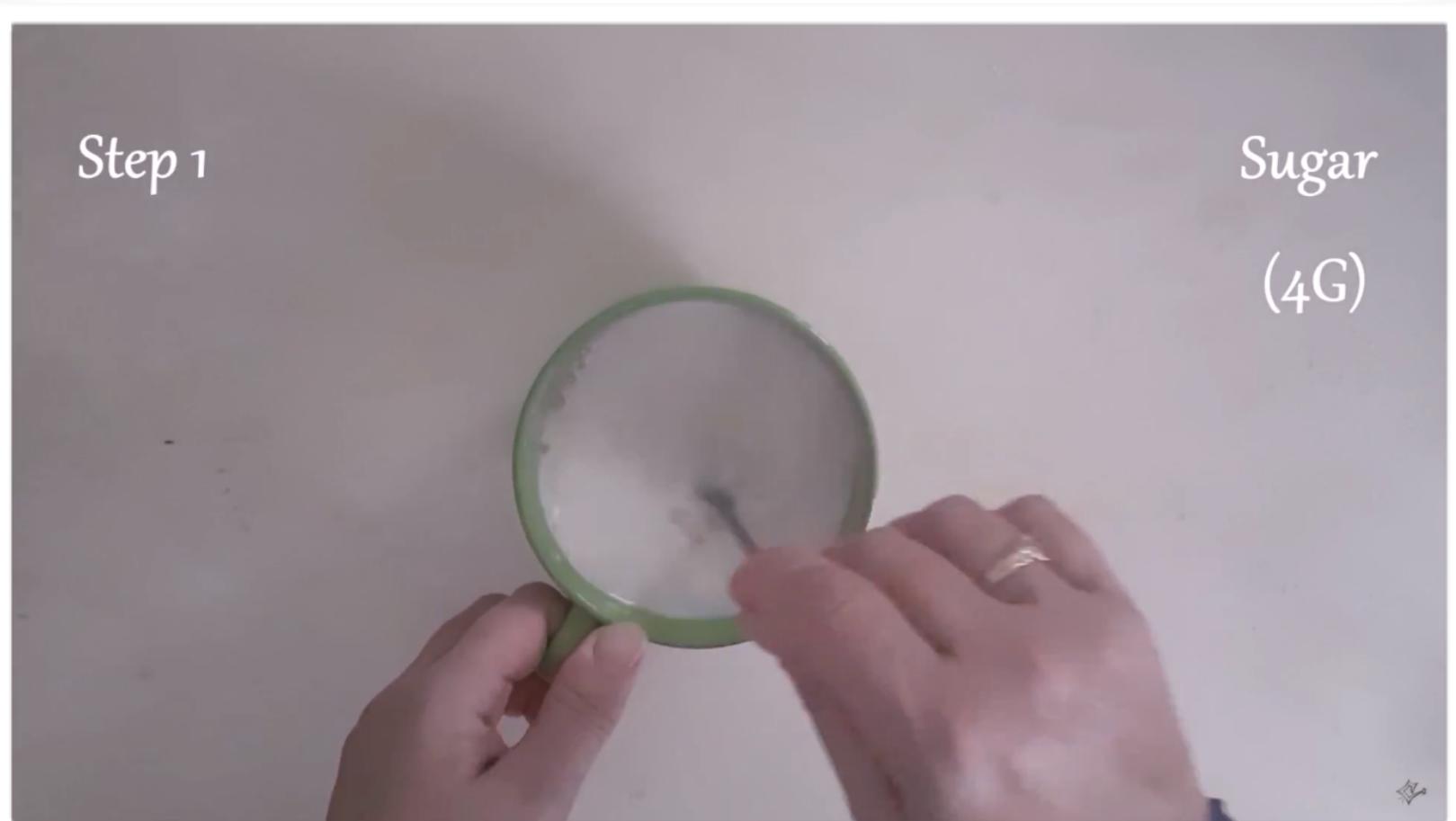
(25G)



Step 1

Sugar

(4G)



👣 Step 2 (6✓)

Step 2

Wheat Flour

(500G)

+

Salt (4G)

+

Yeast Recipe



Step 2

Wheat Flour

(500G)

+

Salt (4G)

+

Yeast Recipe



Step 2



Step 2

Olive Oil
(45ML)



 ACTION TWO

(0,5✓) (🧑‍🍳...) Let
the dough rest :

👉 Step 3 (0,5✓)

Step 3

Wheat Flour

Step 3



Wheat Flour





SAUCE | Put the cooking at medium temperature and in a relatively large pan pour 75ML olive oil.
In addition to 4 g of tomato paste (#Option) and a clove of garlic (7 g).

🔥 ACTION THREE (8✓)

(👩‍🍳 Design and Cooking) Mix all the necessary ingredients and cook :

👣 Step 4 (3✓)











Step 5 (5✓)











Stir the sauce throughout the preparation.

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Put the lid on your stove and wait between 30 to 1 hour.

Remember to stir from time to time while cooking.

 **ACTION FOUR (7✓)**  Preparation) Prepare the shape of your panzerotti :

 **Step 6 (4✓)**



Step 6





Step 6





Step 6





Step 6





Step 6



PANZEROTTI | Cut the dough in half.

Spread the dough with a roll of pâtisserie (Or other things).

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Put the panzerottis in the oil.

Step 7 (3✓)









🔥 ACTION FIVE

(7,5 ✓) (👤)

**Preparation of the
Filling) Add the
Filling and Close the
Panzerottis before
frying :**

👣 Step 8 (3 ✓)







Step 8





👣 Step 9

(4,5✓)

Step 9





Step 9



Suggestion : 🔨 Making Universe



Step 9







🔥 ACTION SIX

(1,5✓) (👨‍🍳)

Baking) Fry the
panzerottis :

👣 Step 10

(1,5✓)



✓Finish

+ 32 ✓ Experience Points in cooking



